

Fennel Gratin

Fennel is still not widely used in the kitchen; yet it's a lovely fresh vegetable that takes on different flavours depending on how it's cooked. It has a delicate taste, quite aniseedy when used raw in salads (slice thinly); but when boiled or roasted, it loses some of its power, and is delicious roasted or sautéed with onions, garlic and sweet peppers. It is fabulous partnered with fish too. Try out this easy gratin for a change from the usual brassicas; you could also add root veg such as potatoes or swede to mix it up a bit.

Serves 4 as a side dish

- 2 large fennel bulbs
- 2 cloves garlic, crushed
- 1-2 tbsp olive oil
- 1 tbsp plain flour
- ½ pint milk
- 2 tbsp cream
- pinch grated nutmeg
- 2 handfuls breadcrumbs
- large handful grated Parmesan (or Cheddar, Edam etc)



Cut the fennel into wedges, and boil in a large pan of salted water for 5-10 minutes, until soft. Meanwhile, heat the oil in a saucepan, and stir in the flour. Slowly add the milk, stirring constantly, to remove lumps. Bring to the boil and simmer for a couple of minutes. Drain the fennel when ready, and place in a roasting dish. Stir the cream and garlic in to the béchamel sauce, then pour over the fennel. Grate some nutmeg over the top, and sprinkle over the breadcrumbs and grated cheese. Bake for 15-20 minutes at 200C, until golden brown on top and bubbling.



Tel: 01793 772287
info@purtonhouseorganics.co.uk
www.purtonhouseorganics.co.uk

This week we love... Local Flour

Purton Farm Shop now stocks a range of flours from Shipton Mill, located just 15 miles away in Tetbury. The mill is set in a beautiful Cotswold valley and has been producing flour since the time of the Domesday Book. Today it produces a wide range of speciality flour, using both traditional grain and traditional methods.

We are trialling a small selection of their organic range in the shop to see which ones our customers like best – if you would like to see the full list, please ask at the counter and we will order other varieties in. The 1kg bags are just £1.60 each, and the range includes:

100% Wholemeal Flour
Italian Ciabatta Flour
Light Malthouse Flour
Light Rye Flour
Self Raising White Flour
Untreated Organic White
Very Fine Wholemeal Pastry
Stoneground Brown Rice Flour
Irish Soda Coarse Brown Bread Flour



If you would like a bag added to your veg box delivery, please just let us know: info@purtonhouseorganics.co.uk

Purton
Farm Shop



Open Tuesday-Friday 9.30am-5.30pm
Saturday 9.30am-4pm
Sunday 11am-4pm

Purton Farm Shop
Church End, Purton SN5 4EB
Tel: 01793 772287